



#struggles - Contentment

Message by Tim Perkins

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I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through Christ who gives me strength. (Philippians 4:12-13)

Through Christ's Strength

1. We will eliminate _____! (James 3:14-16)

2. We will eliminate _____! (2 Corinthians 10:12)

3. We will generate _____.

(Proverbs 15:15; Ecclesiastes 6:9; Luke 17:11-19 NLT)

Talk it Over:

“Contentment”

Big Idea:

As you scroll through your day, does it feel like everyone else has it all together? Someone always has the best job, cutest kid, or happiest relationship. We're pressured to measure up to other people's status updates and left with more #struggles. These can hack against our contentment. Paul said, "I have learned the secret of being content in any and every situation..." With God's help, you will be able to declare that as a reality in your life as well!

Discussion Questions:

- What areas of envy & discontentment did you expose? What other areas might your friend see in you?
- What specific sources of comparison do you need to kill?
- How will you cultivate gratitude through Christ's strength this week?
- On a scale of 1-10 (1=not at all, 10=completely) how satisfied are you with your life? Why did you choose that number? What would it take to move that number up one?
- What are some differences between comparing yourself to God's standard and comparing yourself to the world's standard?
- In what area do you feel the most content? Why is that?
- In what area do you feel the least content? Why do you think that is? What can you do about that to change it?
- What are some specific sources of envy you need to block from your life?
- Go around the circle quickly sharing things you're grateful for. See how long you can go before getting stuck.
- Paul shares his secret to contentment in Philippians 4:12-13. Talk about what living through Christ's strength looks like in daily life.

- What are some blessings of others that we can celebrate together? What changes could you notice about how you feel after taking the time to do this?

Prayer Focus This Week:

Let's make Psalm 23 in the New Living Translation our prayer!
"The LORD is my shepherd; I have all that I need.
He lets me rest in green meadows; he leads me beside peaceful streams.
He renews my strength. He guides me along right paths, bringing honor to his name.
Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.
You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings.
Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the LORD forever." Amen!

Next Steps:

- How will you cultivate gratitude through Christ's strength this week? Specifically, what do you commit to do?
- What steps would you need to take to make Christ all you need? How can you increase that this week?
- Take time this week to write down everything you're thankful for and meditate on God's goodness towards you!